



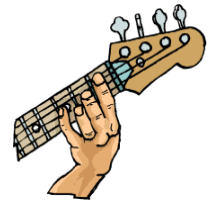
Wethersfield Senior Center News

Wm. J. Pitkin Community Center
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MAY, 2016

Monthly Musical Entertainment!

On **Mon, May 2 at 1p** the Senior Center welcomes an accomplished singer, songwriter and guitarist, Joseph Reed. Joe generally plays with a band but will perform solo for us. He considers his time spent with seniors a “ministry of healing through music.” You won’t want to miss this wonderful performance! There will be snacks and door prizes. The cost remains \$2 for Senior Center members and \$4 for non-members. And here’s a “teaser”... Don’t miss a **SPECIAL** show on **Mon, 7/25, 6pm**—The **Beatles** are coming to Wethersfield! (OK, it’s the best Beatles tribute band in New England!) Mark your calendar!



Lunch & Learn: AARP Fraud Watch Network

On **Tue, May 17 at 12N** the AARP Fraud Watch Network will present “The Con Artist Playbook.” AARP Volunteer Darlene Dunbar will guide you on a look inside the mind of a criminal! Participants will have an opportunity to learn about the psychology behind ID theft, fraud, and scams by viewing actual footage and audio of scammers! You’ll gain insight, tools and information about how to keep yourself and your family safe. Call Lisa at 721-2979 **by 5/13** to register. A light lunch will be served. Cost—free for Senior Center members, all others \$2.

“KISS” (Keep it Simple Seniors)!

On **Thur, May 12 at 1p** the Wethersfield Senior Citizens Advisory Committee will sponsor its annual educational event in the banquet room of the Pitkin Community Center. Speakers will provide information on four important topics: the pros and cons of installing solar panels, how to save money on your electric bills by choosing an electric supplier, deciding if and when a reverse mortgage is right for you, and deciding when assisted living is the right choice. After these brief presentations, our speakers will man information tables where you can pick up materials and ask questions of these experts. Attendees are encouraged to **bring an electric bill** with them. And you may want to bring that bag of papers you’ve been meaning to shred, because an **Info-Shred truck** will be in the parking lot from 11a-1p for all your shredding needs! Call Lisa at 860-721-2979 to register for this important program today!

Closure reminder: The Senior Center will be closed on **Mon, May 30** for Memorial Day.



A Matter of Balance

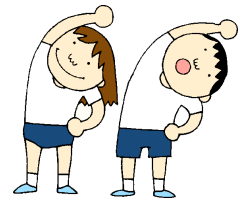
Many older adults restrict their daily activities because they're afraid of falling. Of course, moving less can lead to increased weakness, and weakness leads to a further decline in balance! Seniors can easily fall into this vicious cycle that impairs their function, options for socialization, and can lead to depression. Don't let this happen to you! Beginning on **Thur, May 26 at 10a**, the Senior Center is bringing back an award-winning program designed to reduce your fear of falling and increase your activity levels. You'll learn to view falls as controllable, make changes to reduce your risk of falls, and learn exercises to increase strength and improve balance. This FREE, 8-week program is sponsored by the Jefferson House Institute and the Newington Senior and Disabled Center. Classes will be held each **Thursday, 5/26-7/14 from 10am-12N**. To register, call Lisa at 860-721-2979.



Summer Sessions Begin Soon!

Good Life Fitness—A new session of Good Life Functional Fitness begins Mon, May 9. This 12-week class meets every Monday & Wednesday at 1:45pm and is taught by an exercise physiologist from the Hartford Healthcare System. This is the Senior Center's most strenuous class! Our goal is to help seniors maintain their functional mobility through a series of progressive exercise routines. Cost \$30.

- **Chair Yoga**—new sessions begin Mon, 6/6 at 11:30a & Thur, 6/23 at 2p. Cost \$16 each or \$30 for both Mon & Thur classes.
- **T'ai Chi Qigong**—new session begins Thur, 6/23 at 11am. Cost \$16.
- **Painting**—new session begins Tue, 6/7 at 10am. Cost \$16.



Register for classes on-line at Wethersfeildct.gov or in person in Parks & Rec or with Lisa!

Upcoming Bus Trips!

Call Lisa at 721-2979 for information & registration for the following trips!
Sun, 6/26—Spamalot. You've seen this hilarious show advertised, now see it in person at the Stageloft Theatre in Sturbridge. We'll also enjoy lunch at the Salem Cross Inn. \$80pp.

Tue, 7/12—All You Can Eat Lobster & Show. Many of you asked for this trip, so join us for all-you-can-eat lobster at the Delaney House in Holyoke, MA. We'll also enjoy a musical performance by tenor Michael McGeehan who recently headlined in Atlantic City! Cost \$96pp.

Wed, 8/31—The Duprees Show. Come enjoy the ultimate do-op group. Their sound is unmistakable & their love songs will never die! And enjoy a delicious Aqua Turf luncheon. \$94pp.

Tue, 9/13-Thur, 9/15—Samson. Join us for our first overnight trip! We're going to see the show "Samson" at the Sight & Sound Theater in Lancaster, PA. Trip includes 2 nights in the Cork Factory Hotel in Lancaster, a guided Amish tour, and shop at Kitchen Kettle Village with its 42 shops & restaurants, and much more! Cost \$441pp double occupancy hotel for 2 nights, 2 breakfasts, 2 dinners, sightseeing & admissions. Only 20 seats available. \$150 deposit due 6/21.

Sun, 10/23—Log Cabin Oktoberfest. Enjoy the fall foliage on our trip to the Pioneer Valley, the German band, the Jolly Kopperschmidts & the unbeatable buffet at the Log Cabin! \$82pp.

NEW TRIP --Early December date to be announced. **Radio City Christmas Spectacular** with the Rockettes. Lunch on your own in NYC. \$122pp; \$60 deposit due 7/1.



Friday Feature: Come Hula With Me!

On **Fri, May 27 at 10:30a** the Senior Center will welcome professional hula dancer Tiare Kahana who will teach us all about Polynesian culture and Hawaiian & Tahitian dance! The lovely Tiare learned hula from her mother and is carrying on the family tradition. Her hula master was well known in Hollywood appearing in films such as Blue Hawaii, South Seas and Isle of Hu'u Aloha with John Wayne! Don't miss this unique and fun opportunity! Snacks will be served. Call Lisa at 721-2979 **by 5/25** to register! Free for Senior Center members, all others \$2.

COMPUTER LEARNING CENTER

Register for classes on-line at Wethersfieldct.gov or in person with Lisa or Parks & Rec staff.

- **Nook eReader/Nook Samsung Tablet**—Even if you like reading paper books, eReaders are great for storing a library of great reading. Come learn how to search, download & store books. Nook users must register their devices with Barnes & Noble before this workshop and fully-charge your device. **Mon, 5/9, 12:30-2:30p**, Fee \$10.
- **Traveling the World Wide Web**—This 2-session class is for those who know a bit about browsing the Internet but want more help surfing for information. We'll also discuss security concerns & shopping on-line. **M/W, 5/16 & 18, 12:30-2:30p**, Fee \$20.
- **Keeping in Touch with Email**—Students will use their own email accounts during this 2-session class. We'll cover the basics of creating, sending and receiving emails, managing junk messages, sending files and photos, and creating an address book and lists. You must bring your log-on & password information and be able to access your email account on our laptops or bring your own laptop. **M/W, 5/23 & 25, 12:30-2:30p**, Fee \$20.

One-to-One Assistance is available from our CLC volunteers and **Fadil Gobeljic**, a second semester computer science major at Manchester Community College. We can help you with your high tech gadgets including iPads, iPhones, Android devices & digital cameras. Fadil will be in the lab on Tuesday afternoons. Other volunteers are available by appointment. **Call Lisa at 860-721-2979 for an appointment** to meet with Fadil or another volunteer.

Monday Afternoon at the Movies!

Free movies continue on **Mondays at 1pm**. No registration is required. Movies are subject to change depending upon availability. Showing in May:

May 9 --Heart & Souls (Robert Downey, Jr & Charles Grodin). In this charming movie, a cold-hearted yuppie connects with the ghosts of 4 people who died as he was being born. In order to avoid being dumped by his girlfriend, he helps them fulfill their final wishes! PG-13, 104min.

May 16--Walking Across Egypt (Ellen Burstyn). In this poignant coming-of-age movie, an elderly southern widow, Mattie, becomes friends with the town dogcatcher and meets his nephew, an orphaned, troubled teen currently serving time in juvenile detention for car theft. Mattie feels this young man is missing direction and sets out to "straighten him out" with a little Christian guidance! PG-13, 100min.

May 23--Michael (John Travolta, William Hurt & Andie MacDowell). Two struggling tabloid reporters and an "angel expert" are sent to check out the story of an old kook who claims to be living with an angel. Sure enough, the guy's got wings, but he's also a smoker, drinker & womanizer! But when the group travels to Chicago, Michael's unconventional methods begin to work their heavenly magic! PG, 106min.

On-Going Senior Center Activities



- ⇒ **Bingo** meets every Wednesday in the Banquet Room. Arrive 10:30-11:45a to get your cards! Bingo officers: Agnes Bolasevich-President; Carol Tedone-Vice President; Rose Hall-Secretary; Marie Cerbo-Treasurer.
- ⇒ **Duplicate Bridge** meets some Thursdays, 1:15pm, Room S4. Contact Everett Costa at 860-563-0400 for dates of play and more info.
- ⇒ **Golf League** plays in Goodwin Park during the summer and fall. Contact Jim McNamara at 860-563-4586 or Chris Guinan at 860-563-5761 for more information.
- ⇒ **Informal Card Group** holds weekly games each Tuesday at 1:15pm. Call if you're interested in starting a particular game!
- ⇒ **Mah Jongg** continues on Tuesdays & Thursdays at 10am. Looking for new players! Teacher available for beginners.
- ⇒ **Free Mini Manicures**-offered by Newington Health Care. There will be NO manicures in May.
- ⇒ **Needlework Crafts** meets Mondays, 9:30-11:30a in Rm S2. The group knits & does needle crafts to sell at the bingo group's annual fundraiser. Contact Pam Silva at 860-721-6267 for more information.
- ⇒ **Red Onion Senior Quilters** —meetings are on the third Monday of each month. The next meeting is on **Mon, May 16** at 10a.
- ⇒ **The Rhythmairs Choral Group** practices on the 2nd & 4th Thursdays of each month at 1:30pm. The group sings at local nursing homes & assisted livings upon request.
- ⇒ **Setback**— Meets Fridays, 12N, in the Banquet Room. Join our friendly group! Everyone's welcome including singles & partners, beginners & experienced players. Come early at 11:30a for free coffee/tea and pastry. Contact Joe or Claire Mehan at 258-0662 for more info.
- ⇒ **Wii Bowling** meets on Tuesdays and Thursdays at 1pm.
- ⇒ **The Community Café** serves lunch Mon-Fri at 12N to persons 60 years or older and their spouses or caregivers. The suggested donation is \$2.50 for seniors and \$5 for caregivers. To reserve your lunch, call 860-721-2955 one day in advance between 10am and 12N.

Senior Center Health Programs

Free Blood Sugar Testing— **Fri, May 13** in the Banquet Room from 11a-12N. Apple Rehab of Rocky Hill provides this service on the 2nd Friday of each month.

Free Blood Pressures— **Wed, May 11** from 10:30-11:30a. Ellis Manor provides this service on the 2nd Wed of each month in the Banquet Rm. And on **Thur, May 26**, 12:30-1:30p outside the Senior Center office, Cedar Mountain Commons provides testing on the 4th Thur of each month.

Foot Care Clinics-**Fri, May 6 & Mon, May 23**—Cleaning, filing, trimming toenails, reducing corns & calluses for seniors. No Diabetics. Fee \$29. Call Lisa at 721-2979 for appt.

Wethersfield Stroke Club—A support group for stroke survivors & their families meets on the 2nd Tuesday of each month from 2-4p in the Fireside Room. Contact Joan Haines at 860-529-2281 for more information or go to www.strokesupport-ct.org.



Rent Rebate

The Renters Rebate program runs through October 1st. In order to qualify, renters must have been 65 as of 12/31/15 or over 18 and permanently & totally disabled. Income must fall below \$35,200 for a single person and \$42,900 for a couple. Applicants must provide proof of all income, rent and utility expenses for 2015. Forms 1099 from all sources of income are required. And you must provide a copy of your 2015 Federal income tax return if you filed. Those under 65 with a disability must provide a current statement from Social Security with proof of disability. This month, Wethersfield Social Service staff will visit **Nathan Hale Apts on Tue, 5/10** from 9am-3pm & **Lasher Court on Tue, 5/24** from 9am-12N. June visits will be to Executive Square & First Church Village. Residents can also call 860-721-2977 for an appointment to apply.

Watch your June Newsletter for...

Musical Entertainment—**Mon, 6/6 at 1p** we welcome Mark Lanzieri an extraordinary singer in the tradition of Dean Martin, Tony Bennett & Frank Sinatra. Don't miss this one!

Knowledge & Nibbles— **Wed, 6/15 at 10:30a** come hear the presentation "Demystifying Dementia." We'll answer all your questions and concerns about the various types of dementia.

Lunch & Learn—**Tue, 6/28 at 12N** come learn about "Total Joint Replacements" from orthopedist, Dr. Nagarkatti.

NEW OFFERING!!—**Fri, June 24**—\$3 Haircuts by students from the International Institute of Cosmetology will be offered at the Senior Center.



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